Oral Health Messaging: Infants and Toddlers

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Oral Disease

1000 strains of bacteria live in the human mouth

3 major types of oral disease:

Tooth Decay
Gum Disease
Oral Cancer



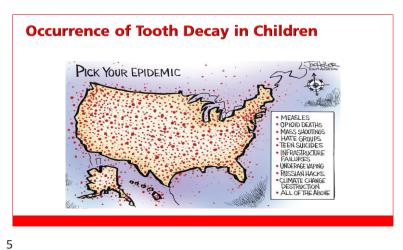
Objectives

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- Describe the impact of poor oral health on a child's overall health, development, and ability to learn
- Explain what causes dental decay
- List the current evidence-based strategies for preventing decay in young children
- Identify 3 sources for dental care and free oral health educational materials

Our mouth is the gateway to the rest of the body.

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Oral Health Disparities

25% of children experience 80% of the decay

The most vulnerable children are:

Low income

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- · Members of racial and ethnic minorities
- Those with disabilities and complex health conditions





Effects of Tooth Decay on Children's Health



- Pain and discomfort
- Difficulty chewing which limits food choices
- Poor weight gain/obesity
- High risk for developing tooth decay in permanent teeth
- Possible spread of infection to other parts of the body

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Effects of Tooth Decay on Children's Learning



Trouble concentrating and learning

- Nutrition
- Pain
- Lack of sleep

Frequent absences due to oral health-related problems

• Children with poor oral health are nearly 3x more likely to miss school due to dental pain

Primary Teeth Are Important



- Eating
- Overall health
- Speaking
- Jaw development
- Holding space
- Smiling
- Self esteem

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Parent messaging for keeping kids' cavity free

- Don't transfer cavity causing germs to your baby
- Establish good eating habits
- Practice good oral hygiene
- See oral health professional by age one

Are Cavities Contagious?

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Prevent Bacterial Transmission





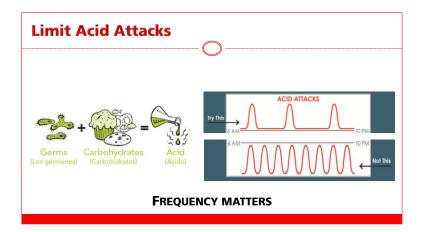




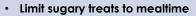
Avoid sharing saliva | Keep teeth healthy

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Establish good eating habits



- Only water or non flavored milk between meals
- Only water or non-flavored milk in sippy cup
- No more than 4 to 6 oz. of 100% juice per day
- Wean off bottle by 12- 14 months
- Sleep without a bottle or sippy cup



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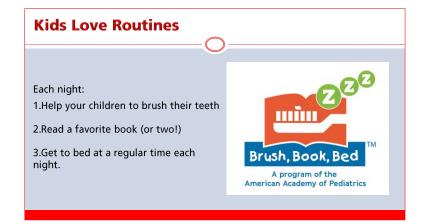


Parent messaging for keeping kids' cavity free

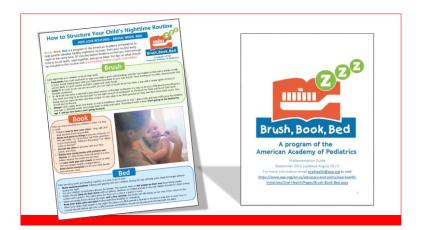
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- See dental professional by age one



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Components of an age one dental visit

Oral Health Assessment - Checking teeth and soft tissue for areas of concern

Caries Risk Assessment - Asking about current habits to see if child is at risk for cavities

Anticipatory Guidance - Providing oral health information that is specific to the child's current age and future needs

Fluoride Varnish, if needed - Applying a thin coat of fluoride on teeth to protect them from cavities



How do you find the right dental office?

Check out these web-sites:

- Children's dentist: <u>aapd.org</u>

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- Dentists accepting Kan-Care insurance:

Aetna- https://aetnaksmwp.sciondental.com/MWP/Landing Sunflower- https://providersearch.sunflowerhealthplan.com/

United- http://skygenusa.com/Find-A-Provider/Find-a-Dentist.htm

 $\hbox{- Oral Health Kansas-} \underline{oral health kansas.org/FindingDentist.html}\\$

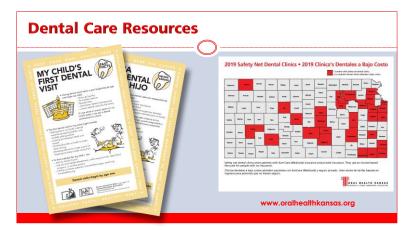
Check with these local providers:

- Child's medical doctor
- Head Start program
- Your personal dentist
- Developmental screening events

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KCCTO Kansas Child Care Training Opportunities How Teething, Weaning and Oral Habits Impact Oral Health Credit Hours: 3 KDHE Clock Hours CDA Subject Area: 1 - Safe, Healthy Learning Environment Content Area: Health & Safety https://kccto.org/programs/course/how-teething-weaning-and-oral-

Teething, Weaning and Oral Habits

habits-impact-oral-health

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